



Celebrating
40 Glorious Years
of Dedicated
Effort For Pain
Free India

40 YEARS
OF ISSP
ESTD. 1984

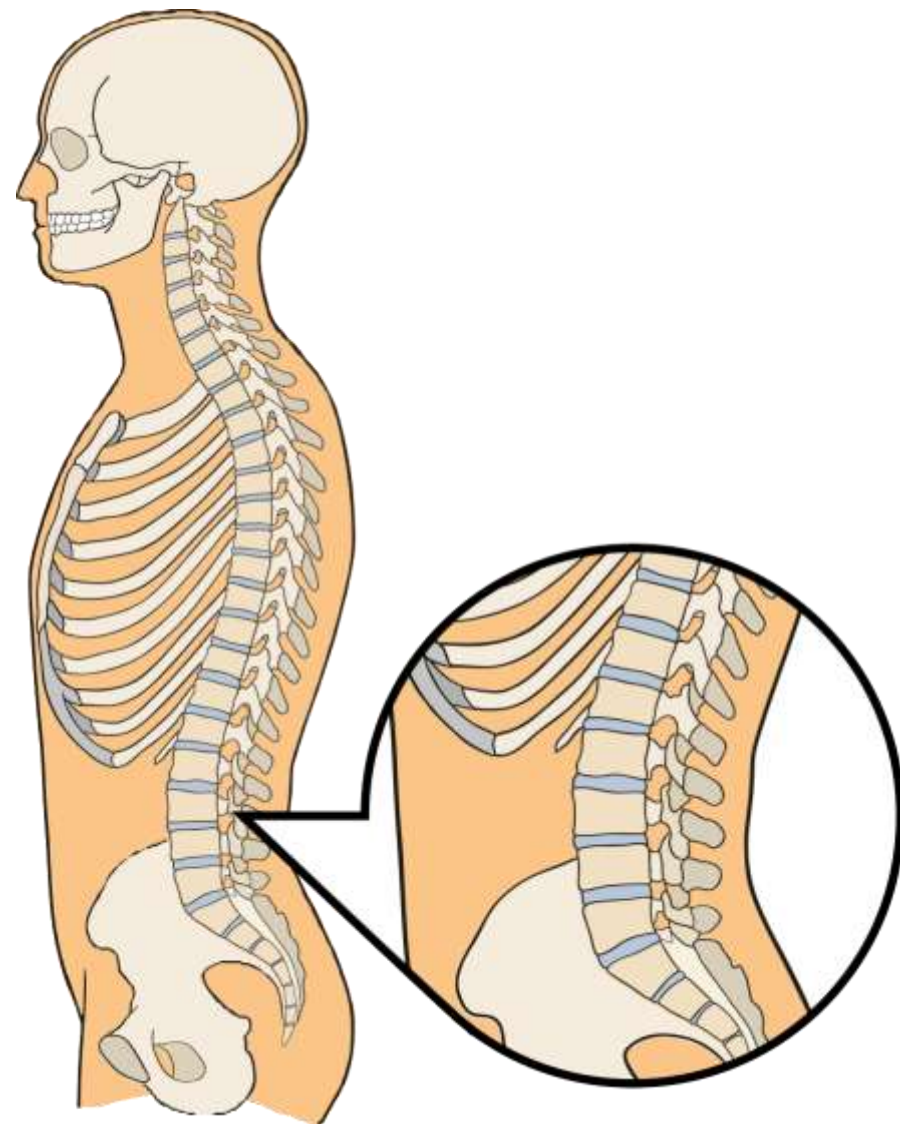


REVIVING MOBILITY
UNDERSTANDING,
PREVENTING, AND MANAGING
LOW BACK PAIN



Understanding Low Back Pain

Low back pain is the pain that affects the bones and muscles in the region between the lower rib and the buttocks (Lumbar region)



50%-80%
of individuals experience
an episode of lower back
pain during their lifetime
1 in 4
individuals suffer from
slip disc



Types and Root Causes of Low Back Pain

Classification of low back pain

Types of low back pain

Acute
<4 weeks

Subacute
4-12 weeks

Chronic
>12 weeks

Common causes of low back pain

Stress is the most common cause of back pain, followed by physical inactivity and other factors.



Stress
Overweight



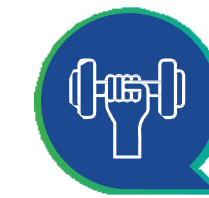
Physical inactivity



Continuous sitting



Injury



Too much exercise

Behind the Pain: Risk Factors of Low Back Pain

Low back pain can occur in any age group, but certain factors can increase the risk of developing low back pain.



Age > 30 years,
back pain affects
31.6% of females
and **28%** of
males



Physical
inactivity and
prolonged sitting



Overweight/
obesity



Occupations
demanding heavy
lifting/ sedentary
working hours



Genetics



Incorrect
posture

Prevention and Management of Low Back Pain

Preventive steps to reduce the risk of developing low back pain



Maintain
good posture



Stay active, exercise
at least 2 days a week



Maintain
healthy weight



Avoid
prolonged sitting



Avoid
lifting heavy weight

Management tips to help ease low back pain



Heat treatment



Massage



Exercise



Yoga/meditation



Medications

Effective Exercises for Relieving Low Back Pain

Exercise helps strengthen the muscle in lower back, improve flexibility, and provide relief



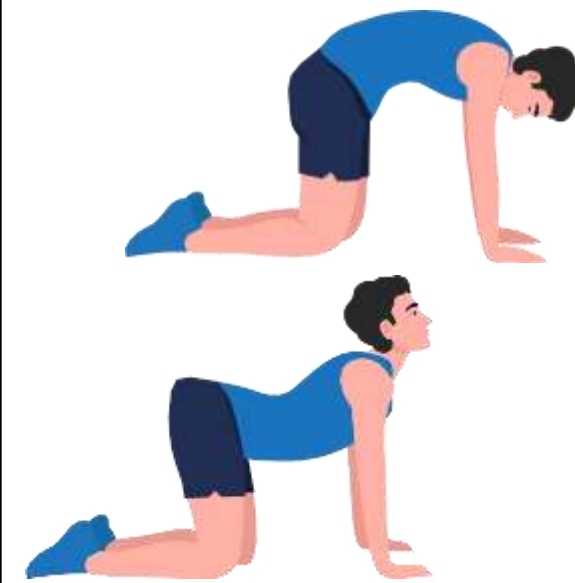
Walking



Knee-to-chest stretch



Trunk rotation



Cat-Cow pose



Swimming



Bridge pose

Pain Physician: Treatment Option for Relieving Low Back Pain

If your pain does not go away, consult a **Pain Physician - an expert in treating chronic pain. Majority of patients do not require surgery.** Your Pain Physician can treat you via **Minimally Invasive Pain and Spine Intervention (MIPSI)** designed to diagnose and treat painful conditions.

Benefits of MIPSI



Active and
pain-free life



Early return
to work



Improved
quality of life





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Thank
you!





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